

PHYSICAL MEDICINE AND
REHABILITATION SERVICES

ASSISTED LIVING UNIT

Nursing services are provided 24 hours a day under the direction of licensed physicians. All services promote an optimal state of wellness and independent functioning by assessing general health and providing restorative health maintenance.

PHYSICIAN'S CLINIC

A physician provides primary care for the physically challenged, a wide variety of orthopedic and neurological services, and other disability related medical problems that may occur.

LIFE SKILLS ENHANCEMENT PROGRAM

The Lifeskills Enhancement Program is a three month program that provides services to persons with a range of disabilities including, but not limited to Autism Spectrum Disorders, learning disabilities, and traumatic brain injury. Lifeskills Enhancement is typically offered prior to a skill training program. The primary goal of the program is to assist consumers to optimize cognitive, physical, social and vocational functioning. The program includes physical therapy, occupational therapy, and speech therapy along with several groups such as Critical Thinking, Social Skills, Medication Administration, and more.

PHYSICAL THERAPY

Physical therapy treatments improve physical functioning of an individual after an injury, illness, or disease. Therapy is provided by a licensed therapist upon referral by a physician and the development of a therapeutic plan.

OCCUPATIONAL THERAPY

Occupational therapy provides treatment programs based on purposeful activities. The goal is to assist consumers of all ages who need skilled assistance to maximize their independence because of physical, developmental, or emotional problems.

OUTPATIENT THERAPY

Rehabilitation medical services are offered on an outpatient basis. Services are designed to provide vocational rehabilitation and/or remediation for individuals with a wide range of functional limitations.

PHYSICAL RESTORATION PROGRAM

The Physical Restoration Program provides an intensive, multi-disciplinary approach to increasing or restoring functional living skills and promoting the most efficient use of existing skills.

REHABILITATION TECHNOLOGY

Rehabilitation technology is the adaption of the physical environment to meet the needs of consumers, which includes modifying job tasks and customizing work stations.

ASSISTIVE TECHNOLOGY

Assistive technology services are provided to consumers who require the use of special technology or equipment to better manage daily activities at home, in the workplace, or in the community.

THERAPEUTIC RECREATION

Therapeutic recreation services are provided to facilitate the successful reintegration and personal development of the consumer.

SPEECH PATHOLOGY

Speech therapy is offered for a variety of communication disorders including expressive and receptive language, voice problems, disorders of fluency and articulation, motor speech, and aural rehabilitation.

SPECIAL SERVICES

PSYCHOLOGICAL SERVICES

Mental health services are available to help meet individual goals through individual and group counseling including: anger management, relationship, self esteem and socialization, alcohol and drug assessments and counseling , psychiatric evaluations, and crisis intervention.

GENERAL EDUCATIONAL DEVELOPMENT TEST
PREPARATION & ADULT EDUCATION

Instruction to help persons pass the General Educational Development test is available to consumers enrolled at the Perkins Center and to adults from the surrounding community.

VOCATIONAL BEHAVIORAL ENHANCEMENT PROGRAM

Students who attend the Perkins Center are required to participate in the Vocational Behavioral Enhancement program that is designed to teach appropriate work behaviors. Students are expected to display appropriate behaviors at all times and progressive consequences apply to those who do not comply with the rules of the Perkins Center.

REAPPLYING FOR SERVICES

Individuals who have previously received services from the Perkins Center may re-apply to return. Eligibility for admission will be determined at the time the Perkins Center receives the new application.

TAKE A TOUR!

Tours of the Perkins Center are available Monday through Friday (except on legal holidays) and can be scheduled by calling:

1-800-443-2187 (in Kentucky only)

Or

1-606-788-7080 (extension 86591)

We encourage individuals or groups who would like to tour the facility to contact us at least one week in advance of their requested date.



The Carl D. Perkins Vocational Training Center does not discriminate on the basis of race, color, national origin, sex, disability, age, religion, or marital status in training activities, or employment practices in accordance with Title VI of the Civil Rights Act of 1964. Also in accordance with Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973 and Title VII of the Civil Rights Acts of 1969 and the Americans with Disabilities Act of 1990.

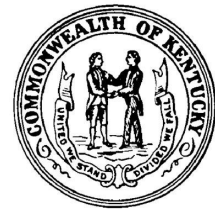
Brochure Revision Date

August, 2013

CARL D. PERKINS
VOCATIONAL TRAINING
CENTER



5659 Main Street
Thelma, Kentucky 41260



EDUCATION & WORKFORCE
DEVELOPMENT CABINET
OFFICE OF VOCATIONAL
REHABILITATION

(606) 788-7080

(800) 443-2187 (Kentucky only)
Deaf Services (Video Phone)

1-866-761-0818

Who is served at the Perkins Center?

The Perkins Center provides several types of programs and services to persons with a wide range of disabilities to help them achieve suitable employment and independence.

How can I apply for admission?

A referral from a counselor with the Kentucky Office of Vocational Rehabilitation is required for admission to the Perkins Center. Other agencies may sponsor an individual under special arrangements with the admissions office. The Perkins Center also accepts Medicare and several types of medical insurance for outpatient services.

VOCATIONAL SERVICES

VOCATIONAL EVALUATION
The Comprehensive Vocational Evaluation program assesses vocational aptitudes and interests, academics, manual/finger dexterity levels, independent living skills, and current level of work-related skills. The length of the evaluation is flexible and depends on the individual needs of the student.

MOBILE VOCATIONAL EVALUATION SERVICES
Mobile vocational evaluation can be arranged through the vocational rehabilitation counselors located throughout Kentucky.

ACADEMIC AND LIFESKILLS PROGRAM OF HIGHER ACHIEVEMENT (ALPHA)
This program is designed to provide instruction and support to assist students in the successful completion of vocational training or other postsecondary education. Classes offered in this program include: Computer Basics, Reading, Math, Community Living, Social Skills, Research & Study Skills, and Individual Support /Tutoring.

WORK ADJUSTMENT PROGRAM
The Work Adjustment Program is available for individuals who have never worked before, have had sporadic work histories, have not worked in a long time, or have behavioral/attitude issues that need to be addressed in order to obtain and maintain employment. This program is designed to improve work-related behaviors and enhance interpersonal skills.

Consumers select from one of nine career tracks offered at the Perkins Center and spend approximately three months in the Work Adjustment Program before transitioning into a skill training program.

- SKILL TRAINING PROGRAMS**

 - AUTOMOBILE LUBRICATION & DETAILING**

The Auto Lube & Detailing program provides coursework and hands-on training necessary to change motor oil, lubricate vehicles, clean vehicles, and perform other related duties. The length of the course is 300 hours.
 - BUILDING MAINTENANCE**

The Building Maintenance program provides course work, classroom, and hands-on experience in custodial, electrical, plumbing, painting, and grounds keeping tasks. The length of the course is 720 hours.
 - CHILD CARE DEVELOPMENT**

The Child Care Development program is a training program with both classroom and practical training experience to prepare consumers to work in private or public day care facilities such as schools, workplaces, religious institutions, or private businesses. The course length varies according to the specific job title.
 - COSMETOLOGY**

This program prepares consumers as licensed cosmetologists. The course length is 1800 hours which includes 600 hours of theory and 1200 hours of practical application.
 - CUSTODIAL SERVICES**

The Custodial Services program is designed to provide learning experiences in the fundamentals of custodial training such as basic floor/carpet/furniture care, office and classroom cleaning, etc. The course length is approximately 360 hours.
 - ADULT EDUCATION**

Adult Education services provide academic skills instruction and GED preparation to assist individuals in improving educational attainment levels and successfully entering employment and postsecondary education.
 - DRIVER EDUCATION (INSTRUCTION PERMIT CLASS/ BEHIND THE WHEEL)**

The Driver Education program prepares individuals to test for a Kentucky instruction permit and driver’s license.
 - FOOD SERVICE**

This program is designed to develop skills necessary for employment in the food service industry. Program activities include class work, laboratories, and task performance. The course length is approximately 200-300 hours.
 - GROUNDS KEEPING**

The Grounds keeping program is designed to develop skills necessary for employment in the area of horticulture such as lawn care, landscaping, greenhouse operations, or similar jobs. The length of the course is approximately 300 hours.

- INDUSTRIAL TRUCK OPERATOR**

This program combines academic knowledge with practical skills, with an emphasis on hands-on learning. This program prepares students to safely operate industrial trucks (forklifts) in a variety of industrial, factory, and warehousing opportunities.

The Industrial Truck Operator program consists of classroom preparation and a minimum of 100 hours of practical hands-on training. Students are expected to participate in a concluding, industry-recognized post–test.
- MATERIALS MANAGEMENT**

The Materials Management program provides consumers with skills in receiving, storing, packaging, shipping, freight handing, and electronic devices. In addition, consumers are introduced to industrial lift trucks and material handling equipment. The course length varies according to the specific job title.
- NAIL TECHNICIAN**

This program provides the consumer with theory and practical application in the areas of manicures, pedicures and application of artificial nails. The course length is 600 hours.
- OFFICE TECHNOLOGY**

Microsoft Office, data entry, filing, and communication skills are taught and reinforced with repeated practice to students training in the Office Tech programs. Students entering the Office Tech program should plan to spend 360 to 720 in class hours to complete their training.
- ACCESS TO COLLEGE PROGRAMS**

Students meeting entrance/program pre-requisites can live at the Perkins Center and attend programs available at local Kentucky Community & Technical College System campuses in nearby Paintsville or Prestonsburg, Kentucky.

LOCATION

The Perkins Center is located at Thelma, Kentucky in Johnson County. This is approximately a two hour drive east of Lexington and approximately a one hour drive from the cities of Ashland (north) & Pikeville (south).

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**VISIT THESE WEBSITES TO LEARN MORE ABOUT KENTUCKY VOCATIONAL REHABILITATION & THE PERKINS CENTER**  
**<http://ovr.ky.gov>**  
**<http://cdpvtc.ky.gov>**

STUDENT SERVICES

**CASE MANAGEMENT AND TRANSPORTATION**  
Upon admission, each consumer is assigned a case manager who coordinates services for that person’s program throughout enrollment. The case manager serves as a liaison between the Perkins Center and the family and/or the agency making the referral. Using vocational assessment results, the case manager and consumer develop an individual plan of services.

Case managers continually review individual programs and support development of independence and self sufficiency. They also make changes or resolve conflicts with schedules, programs or services, pass levels, etc., and assist consumers with personal problems. Reports on the individual’s progress and grades in vocational skills training are forwarded to the OVR counselor.

The Perkins Center operates a van fleet for consumers who require transportation to begin their program and/or require transportation to return home at the time they are discharged from the Perkins Center.

**RESIDENTIAL HOUSING & CAFETERIA SERVICES**  
Residential housing is available for those consumers who require minimal supervision and who have demonstrated a high level of independence. There are separate male and female dormitories. The dorm units are equipped to accommodate 183 individuals.

Dormitory and/or security personnel are on duty 24 hours per day, seven days per week, to supervise dorm activities. The dormitory has an intercom system, and staff members are trained to address the needs of individuals who are deaf/hard of hearing.

A cafeteria is located at the Perkins Center. Cafeteria services are available each day of the week to serve breakfast, lunch, and dinner to consumers.

**RECREATION**  
Recreation offers consumers a wide range of activities. It is open evenings and weekends and includes, but is not limited to, arts and crafts, aerobics, weightlifting, archery, outdoor games, bingo, billiards, and off-campus events. Team sports may include volleyball and basketball.

Other activities include leisure education, physical fitness, wheelchair activities, electronic and table games, badminton, ping pong, and air hockey.

RESIDENTIAL SERVICES

**INDEPENDENT LIVING CLASS**  
This class is available to individuals who need to enhance skills in the areas of hygiene and grooming, housekeeping, budgeting, meal planning, time management, and sex education.